"How do we first begin to covet, Clarice?"



Chaz
cvillette
https://cvillette.livejournal.com/
2007-10-23 09:41:00

MOOD: hungry
MUSIC: Jane's Addiction - Ted, Just Admit It*

That's easy. It's when Daph starts talking about pecan pie. (https://www.livejournal.com/away?to=http%3A//www.fitday.com/webfit/publicjournals.html%3FOwner%3Dcvillette%26Year%3D2007%26Month%3D9%26Day%3D23)

Also, I figured out how to log the peanut butter I get from the health food store. It's just peanuts, right? Roasted, with a little salt? So I shall log it as peanuts. Roasted. With salt.

Well, that's first breakfast, second breakfast, elevenses, and pre-lunch taken care of. Just lunch, midafternoon snack, teatime, dinner, and bedtime snack to go...

Yes, I figured it out. Assuming my typical day is 5500 calories (Fitday says 5439, but I don't always log the milk in coffee and so forth), I eat ~611 calories ~every 1.7 hours, on average, when I'm awake.

It's amazing I have time for anything else.

Thank God for ice cream. And granola bars. And Grape-Nuts. And string cheese. And oatmeal cookies with peanut butter on them.

This would probably be easier if I wasn't particular about what I eat, wouldn't it?

~ = "approximately" for those of you playing the home game.

* "I'm going as a sociopathic killer, they look exactly like everyone else."

[locked] Dream Journal
All right, unconscious mind. We're coming to an accommodation. If the dreams are you cleaning house, putting

Elvis doesn't live here anymore.
Hey there. Sorry about the drama. It was... it was an emotional decision, and I didn't handle it well. So yeah, I'm sorry.

Poppets. Puppets. Poppet puppets. Scary.

13 comments



trollcatz
October 23 2007, 13:28:17 UTC COLLAPSE

OMG, you just said "particular."

Are you my grandmother?

(And you could always eat like Hafidha.)



0metotchtli
October 23 2007, 13:28:30 UTC COLLAPSE

I heard that.



trollcatz
October 23 2007, 14:25:53 UTC COLLAPSE

g

You could do a radio show, like "Car Talk:"

"Don't eat like my bruddah."
"Don't eat like my sistah."



0metotchtli
October 23 2007, 15:45:08 UTC COLLAPSE

Mmm. I have pizza for lunch today.

What do *you* have, Chaz?



cvillette
October 23 2007, 15:46:00 UTC COLLAPSE

...eggplant.

Dammit.

But I will outlive the hell out of everybody!



cvillette
October 23 2007, 13:42:52 UTC COLLAPSE

...actually, I think that was one of my mom's words. Or particular words, as the case might be.

(Sure, but then I would have to live with the knowledge that I was disappointing you...)



trollcatz
October 23 2007, 14:36:17 UTC COLLAPSE

Aww, I am a force for good. No one I grew up with would believe it.

Seriously, though (ye gods, why do I get these impulses toward serious?), eating five to seven meals a day seems to be

what the human body is built to do. It's recommended for people with diabetes and hypoglycemia, because it avoids blood glucose peaks and valleys. I think the three-meal-a-day model was invented to keep the peasants at work.

And it's almost certainly less stress on your organs to digest seven smaller meals than three big ones.

Which should not be read as an argument against Thanksgiving dinner.



cvillette
October 23 2007, 15:42:55 UTC COLLAPSE

5-7 =/= 9

g

Basically, I've realized that every 90 minutes, my popper pops.

Which is probably realistically just about long enough for my stomach to clear from the last calorie airdrop.

You know, actually, for a long time it was one or two meals a day. Tea and luncheon weren't added until later. *Definitely* intended to keep the peasants at work.

But a hunter-gatherer culture is sort of eat-as-you-go. And appropriator cultures actually have more leisure time than anybody else. It's when you start planting crops that life becomes a relentless grind.

Agriculture was a bad idea.

For everybody except my people.

And folks who like beer.



trollcatz
October 23 2007, 16:51:05 UTC COLLAPSE

Oh, yeah, that 5-7 is only for the slow members of the tribe. For you guys taking point across the savannah, every 90 minutes sounds about right. *g*

It was two meals? Oooh, I didn't know that. *files* Peasanthood sucked, man.

And yes, without settlement and agriculture there can be NO BEER. Hardly any point in coming down out of the trees 'til then.



cvillette
October 23 2007, 17:03:13 UTC COLLAPSE

My Caddo ancestors--at least I am currently assuming they're my ancestors, based on geography and the available evidence, but I guess the mestizo bit could as easily be Comanche or something--have a legend about Coyote turning into a corn mill to eat all the corn while the women were pounding it into meal.

Ahem.

Runs in the family, would you say?



trollcatz
October 24 2007, 06:58:23 UTC COLLAPSE

You wouldn't do that. Would you? Maybe you would. I mean, good stuff, corn.



cvillette
October 24 2007, 11:05:45 UTC COLLAPSE

If I could figure out howto turn into a corn mill, you mean?

I dunno.

The pestle could get pretty uncomfortable.



cvillette
October 23 2007, 17:10:25 UTC COLLAPSE

Oh, and it wasn't just two meals for peasants. It was two meals for everybody, pretty much.

Thus, tea. Because if you eat at six in the morning and eight at night, you start having some serious blood sugar issues in the afternoon.

And afternoon is hard enough to get through even WITH lunch.

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